

put life back in your life

Join a free health program and become an expert self-manager!



Tool Kit for Active Living + Telephone Calls

Participants in this 6-week program receive the materials from the *Tool Kit for Active Living with Chronic Conditions Program*, and participate in a weekly 30-minute, **small group conference call** with a Program Leader and other participants. The Leader introduces the materials, explains the self-test to participants, does an exercise with the group, and gets each person to make a weekly action plan.



This program is open to adults of all ages who are living with one or multiple ongoing health conditions.

Tool Kit Contents:

- ✓ *Living a Healthy Life with Chronic Conditions*, 5th Edition book
- ✓ *Relaxation for Mind and Body* CD
- ✓ An exercise CD with accompanying booklet
- ✓ A self-test to help decide how to use the materials
- ✓ Tips sheets on the most important self-management tools

Program Features & Benefits:

- ✓ Ideal for those feeling isolated but do not wish to or cannot attend a program in-person or online
- ✓ Weekly guidance provided by a Program Leader
- ✓ Increases confidence, physical and psychological well-being, and motivation to manage challenges associated with chronic diseases

FOR MORE INFORMATION

Visit: www.selfmanagementbc.ca | Email: selfmgmt@uvic.ca | Call: 1-866-902-3767 (toll-free)

For programs in Chinese or Punjabi, please contact the Program Coordinator directly:

Chinese: Courtney Kang - ckang@uvic.ca | Punjabi: Jay Bains - jaybains@uvic.ca

Also available:

- Better Choices, Better Health Online Program
- Health Coach Program
- Tool Kit for Active Living with Chronic Conditions

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